

Calling all dancers, actors, circus artists, Nia enthusiasts, trainers in the somatic arts, body therapists, mindfulness trainers, all kinesthetically inclined persons!

“THE ART OF MOVEMENT” with Soto

sponsored by Move West

Through the lens of the Art of Movement, participants experience creating their own kinesthetic vocabulary. By exploring our personal Somatic presence and how it informs our movement, we inspire and support creativity as both a personal and universal human act of empowerment and possibility.



**May 12 Santa Fe
Dance Space Santa Fe
3208 Richards Ln, Suite A**

**May 13 Taos
TaoSatva
#2 Upper Colonias Road, El Prado**

11 AM - 5 PM

Soto's 50 years of experience has led him to see movement as a vehicle to unlock the possibilities to creativity, awareness, presence, happiness, health and healing. Soto's biggest influence in his work has been his 45 years of collaboration with Anna Halprin, and he has shared his perspective worldwide.



single workshop \$100 both workshops \$175
after April 20: single workshop \$125 both workshops \$200

For registration information:

movewestinfo@owldancer.net info@gyrotonicsantafe.com or call 505-920-6235